



Irish Network Stevenage Newsletter & Calendar March & April 2026



“Supporting the older community in Stevenage and surrounding areas”

Have you noticed that spring is well and truly in the air? Are you enjoying the sight of daffodils, crocuses and snowdrops shooting up all over the town? If so, did you know that the longer days and increased daylight boost serotonin levels, improve mood and energy.



On the topic of energy, our favourite time of the year

has crept up on us once more. St Patrick's day will be celebrated in the form of two events again this year: Starting with the wonderful St Patrick's Dance on Saturday, 14th March at the Oval Community Centre. Be prepared for the amazingly talented Pat Nugent to keep you entertained with his wonderful voice and music. If you're not hand clapping, foot tapping, knee slapping or up dancing for the craic, we'll be surprised. We are also delighted to welcome back The Grant Morgan Academy of Irish Dancing, who are sure to captivate you with their performances. Please do call the office to get your tickets as they are flying off the shelf (or out of the drawer!).



Our Beginners Line Dancing Class at Great Ashby and Zumba at Timebridge and Symonds Green Community Centres have been a huge success. We all know that exercise is good for us but exercising whilst having fun, is even better as it impacts on our physical and mental health together. Any form of muscle movement, where you are focusing on strength and

balance, helps to prevent falls. Remember 'if you don't use it, you lose it! So, if you're not already taking part in any of our classes but would like to, please do contact us at the office.

We have had an incredibly full start to the year. The INS schedule for March and April offers an activity/class to meet everyone's needs, spread across the town, at seven different locations. Remember, every single activity offered on the schedule has been acted on from a member's suggestion. So, if you have any new suggestions for possible activities, please do let us know at the office. Afterall, it's your INS and it's here for you!

Monday	2nd	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	2nd	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	2nd	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	2nd	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	2nd	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	3rd	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	3rd	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	3rd	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	4th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	4th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	4th	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Thursday	5th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	5th	10.30am-12.00pm	Men's Club	Sherma Batson Centre
Thursday	5th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	5th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	6th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	6th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	6th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	6th	2.00pm-3.00pm	Beginners Line Dancing	Great Ashby C.C. w5/6
Friday	6th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	9th	9.15am-10.15am	Tai Chi Qigong (ChiKung)	The Oval C.C.
Monday	9th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	9th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	9th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	9th	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	10th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	10th	TBC	Friendship Group	Sherma Batson Centre

Tuesday	10th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	10th	12.00pm-1.00pm	Zumba Gold	Chells Manor C.C.
Wednesday	11th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	11th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	11th	1.00pm-3.00pm	Tea Dance	The Oval C.C.
Thursday	12th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	12th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	12th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	13th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	13th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	13th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	13th	2.00pm-3.00pm	Beginners Line Dancing	Great Ashby C.C. w6/6
Friday	13th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Saturday	14th	7.30pm-11.00pm	St Patrick's Day Dance	The Oval C.C.
Monday	16th	9.15am-10.15am	Tai Chi Qigong (ChiKung)	The Oval C.C.
Monday	16th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	16th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	16th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	16th	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	17th	Ticket only	St Patrick's Day Lunch	Holiday Inn
Tuesday	17th	NO ACTIVITIES		
Wednesday	18th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	18th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	18th	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Thursday	19th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	19th	10.30am-12.00pm	Men's Club	Sherma Batson Centre
Thursday	19th	TBC	Craft	The Oval C.C.

Thursday	19th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	19th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	20th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	20th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	20th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	20th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	23rd	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	23rd	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	23rd	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	23rd	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	23rd	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	24th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	24th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	24th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	25th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	25th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	25th	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Thursday	26th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	26th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	26th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	27th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	27th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	27th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	27th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	30th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	30th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	30th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.

Monday	30th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	30th	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	31st	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	31st	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	31st	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
APRIL				
Wednesday	1st	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	1st	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	1st	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Thursday	2nd	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	2nd	10.30am-12.00pm	Men's Club	Sherma Batson Centre
Thursday	2nd	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	2nd	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Fri/Mon	-	3rd and 6th	CLOSED: GOOD FRIDAY & EASTER MONDAY	
Tuesday	7th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	7th	TBC	Friendship Group	Sherma Batson Centre
Tuesday	7th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	7th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	8th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	8th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	8th	1.00pm-3.00pm	Tea Dance	The Oval C.C.
Thursday	9th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	9th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	9th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	10th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	10th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	10th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	10th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.

Monday	13th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	13th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	13th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	13th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	13th	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	14th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	14th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	14th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	15th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	15th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	15th	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Thursday	16th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	16th	10.30am-12.00pm	Men's Club	Sherma Batson Centre
Thursday	16th	TBC	Craft	The Oval C.C.
Thursday	16th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	16th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	17th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	17th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	17th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	17th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	20th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	20th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	20th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	20th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	20th	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	21st	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	21st	TBC	The Red Shed	The Red Shed

Tuesday	21st	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	21st	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	22nd	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	22nd	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	22nd	1.00pm-3.00pm	Afternoon Social	The Oval C.C.
Thursday	23rd	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	23rd	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	23rd	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	24th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	24th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	24th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	24th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	27th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	27th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	27th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	27th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	27th	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	28th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	28th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	28th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	29th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	29th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	29th	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Thursday	30th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	30th	10.30am-12.00pm	Men's Club	Sherma Batson Centre
Thursday	30th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	30th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.

Our Activities

Afternoon Social: The afternoon includes a Raffle, Live Music and lots of fun. Tea, coffee and biscuits are provided. Entry is £3.50 for members and £4.50 non-members.

Breakfast Club*: **NEW** We will be providing free tea, coffee and a light breakfast on Thursday's at the Poplars Community Centre, which is next to Sainsbury's and everyone is welcome!

Monday Night Bingo: Our Evening Bingo at Timebridge is a fantastic venue with a great bar! Entry is £7.00 for 6 games. Flyers can be purchased separately. Non members welcome.

Wednesday Bingo: Our Wednesday afternoon bingo sessions are always great fun with great winnings! You can also buy lunch at The Postels Club and the bar is open! Entry is £8.50 for 6 games and a flyer and includes tea and coffee. Non members welcome.

Thursday Bingo*: **NEW** A fun and easy going bingo session at Poplars Community Centre. Entry is £8.00 for 6 games and a flyer and includes tea and coffee.

Friendship Group: This is a group made up of more vulnerable members. Places are limited and there is a waiting list; booking is essential. £2.00 per session.

Friday Night Bingo: Our Friday night bingo sessions at Symonds Green are seeing lot of new members! Entry is £10.50 for 5 games and 3 flyers. Non members welcome.

Friday Lunch Club: A pre-booked light lunch open to all. Places are limited and booking is essential. £3.50 for members and £5.50 for non-members.

Line Dancing: Mondays is for the more experienced dancer and Tuesdays is for those relativity new to dancing. Classes are all about having fun! £2.50 for members and £4.50 for non-members.

Exercise & Fitness Class: A gentle Exercise and Fitness class for all abilities. £2.50 members and £4.50 for non-members.

Men's Club: A men's only morning to spend time with friends playing cards at the Sherma Batson Centre. Small fee of £1.00.

Salsacize: A fun and exciting class that helps you dance your way to fitness! Helps improve cardio and flexibility. £2.50 for members and £4.50 for non-members.

Sing-a-Long with Dave: A relaxed and fun session for all singing abilities. £2.50 for members and £4.50 for non-members.

Tai Chi: A gentle exercise and stretching to create harmony between mind and body. £2.50 for members and £4.50 for non-members.

Tea Dance: An afternoon of live entertainment including tea, coffee, sandwiches & cakes. Entry is £4.50 members and £5.50 for non-members. Tickets are purchased pre-event.

Tea and Chat: Free tea, coffee and biscuits and a chance to meet old friends and make new ones.

Yoga: A mixture of Pilates and Yoga. An exercise that increases core strength and improves posture. £2.50 members and £4.50 non-members.

Zumba Gold: Focuses on balance, motion and coordination for the older person, £2.50 members/ £4.50 non-members.